

LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte Extra Pizza	\$1.25

Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.

Lincoln Elementary POS
Is now up and running

Lunch Money can be put on account
@ payforit.net or by check or cash
at Lincoln School on Monday &
Thursdays @ 8AM

ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk /
Strawberry Milk/ Lactaid Milk / 100% Juice/
Fresh Vegetable / Fresh Fruit



**If you have a food allergy, please speak to the Director or Lead Server.*

**Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional Information regarding this menu, please contact the food service director*

Kevin Silvia @ 781-721-7033

WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.Whitsons.com to see all that we are doing to help save the environment!

V = VEGETARIAN SELECTION



= HEALTHIER CHOICE

P = PORK PRODUCT

Stay safe this summer!

Pools are being opened, the sun is shining and it's warm outside. Summer is finally here and now we can really enjoy our time outside. Don't forget to stay safe this summer; never swim without adult supervision and make sure to use sun

Lincoln
Elementary School
June am Lincoln

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
		1. Pizza Bowl ¹ Steamed rice w/ onions, peppers & pizza sauce topped w/ pepperoni & shredded Mozzarella 2. Turkey & Cheese Wrap Fresh Fruit	1. Build A Burger ² All beef patty on a bun w/ choice of cheese, tomato, or shredded lettuce. Served w/ BBQ sauce & baked potato rounds. 2. Chicken Caesar Salad	Field Day ³ Pizza slice, Garden Salad w/ Italian Light dressing, Chips, Fresh Watermelon, Push Pops, Milk choice
1. Southwestern Mac n Cheese ⁶ Red & green peppers, diced ham, cheese sauce tossed w/ pasta. Topped w/ crushed tortilla chips 2. BLT Cheese on a wheat wrap Garden Salad W/ Dressing	1. Gloria's Pizza ⁷ Whole Wheat Cheese 2. Chicken Caesar Salad Mixed Garden Salad W/Light Dressing Field Day Rain Date	1. Chicken Chow Mein ⁸ Chicken strips tossed in a chow mien sauce w/ Asian vegetables served over white rice. 2. American Sub Apple Sauce	1. Meatball Sub ⁹ Meatballs in marinara sauce on a sub roll topped w/ mozzarella cheese 2. Greek Salad Steamed Green Beans	1. Gloria's Pizza ¹⁰ Cheese Pizza slice 2. Tuna Sub Romaine Salad w/ honey mustard dressing
1. Brunch For Lunch ¹³ French Toast w/ syrup served w/ sausage patty & Scrambled Eggs 2. Turkey & Cheese Wrap Cupped Strawberries	1. Gloria's Pizza ¹⁴ Whole Wheat Cheese 2. Ham & Cheese on a Bun Caesar Salad	1. Chicken Nuggets ¹⁵ Breaded chicken nuggets served w/ whipped potatoes 2. Ham & Cheese Wrap Seasoned Corn	1. Philly Sliders ¹⁶ Philly steak w/ onions & cheese sauce on a slider roll. Served w/ baked fries 2. Turkey bacon cheese wrap Seamed Mixed Vegetable	1. Gloria's Pizza ¹⁷ Cheese Pizza slice 2. Garden Salad W/ Light Italian dressing
1. Italian Meatloaf ²⁰ Meatloaf topped w/ marinara sauce & mozzarella cheese Mashed potatoes 2. Salami & Cheese Wrap Mixed Vegetable	1. Gloria's Pizza ²¹ Whole Wheat Cheese 2. Tuna on a roll Mixed Vegetable	1. Nacho Grande ²² Nacho chips topped w/ mexi-beef & cheese sauce. Served w/ salsa & sour cream 2. Turkey & Cheese Wrap Mixed Vegetable	Early Release No Lunch ²³	Have a Great Summer!!!! ²⁴
27 See	28 You	29 Next	30 Year	

DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki sauce, soy sauce & all condiments are free of any partially hydrogenated oils & HFCS - Yogurt is 100% all natural & contains no artificial ingredients - Breakfast items have no trans fats, HFCS or artificial colors - Pancakes & waffles are w. grain & contain no artificial colors or flavors - All pasta is Barilla w. grain - All rice is brown - Pizza crust at secondary level is whole grain; elementary level is whole wheat - Tuna is dolphin safe & packed in water - Canned fruits are packed in natural juice only, no syrup - Fresh fruits & fresh/frozen veg. will be used when gov. commodity not available - All cheese is low fat - Donuts & breakfast pastries have no trans fats, artificial colors or flavors - Fish sticks have whole grain breading - Flavored milk contains no HFCS